



***"Becoming an Outdoors-Woman" and the logo are copyrighted***

*Becoming an Outdoors-Woman (BOW) is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...*

- ☐ *You have never tried these activities, but have hoped for an opportunity to learn,*
- ☐ *You are a beginner who hopes to improve your skills,*
- ☐ *You know how to do some of these activities, but would like to try your hand at some new ones,*
- ☐ *You are just looking for the camaraderie of like-minded individuals.*

**SATURDAY, APRIL 5, 2014  
BEYOND BOW WORKSHOP  
SPRING INTO THE OUTDOORS  
CAMP ROBERT WEBB, GRAYSON LAKE, GRAYSON KY**

**EVENT AGENDA**

REGISTRATION	9 A.M.
WELCOME	9:30 A.M.
SESSION I	9:45 A.M. – 11:45 A.M.
LUNCH	12:00 P.M.
SESSION II	12:45 P.M. – 2:45 P.M.
WRAP-UP & DEPARTURE	3:00 P.M.

The Kentucky Department of Fish and Wildlife Resources (KDFWR) hosts this workshop in partnership with support and sponsorship provided by the Kentucky Fish and Wildlife Foundation, Remington, Federal, and the Kentucky Network of Outdoor Women (KNOW)



**WEATHER PERMITTING ALL CLASSES WILL BE HELD OUTDOORS  
CLASSES ARE LIMITED, ONCE CAPACITY IS MET PARTICIPANTS WILL BE SCHEDULED TO THEIR ALTERNATE CLASS  
CLASSES WITH LOW PARTICIPATION ARE SUBJECT TO CANCELLATION**

**PLEASE READ REGISTRATION FORM CAREFULLY AND COMPLETE PROPERLY  
MAKE \$50 CHECK PAYABLE TO BETH MINCH  
MAIL COMPLETED FORM AND \$50 PAYMENT TO:  
BETH MINCH, P.O. BOX 35, STAMPING GROUND, KY 40379**



## SPECIAL CONSIDERATIONS

**FEES:** \$50 per person covers lunch, two class sessions, equipment, materials, prizes and more.

**REGISTRATION & PAYMENT:** Registration will close ~~March 14, 2014~~, extended to March 21, 2014. One person per registration form please. Mail to Beth Minch, PO Box 35, Stamping Ground, KY 40379 with \$50 check made payable to Beth Minch.

**EARLY ARRIVAL:** The option to arrive Friday, April 4 after 6pm is available however notification must be prior to March 14 of this request. An additional charge of \$25 for dormitory lodging and a continental breakfast Saturday will apply.

**CANCELLATION DEADLINES:** Any cancellation made before March 14 will incur a \$25 processing fee. Cancellations made on or after March 15 or no-shows will forfeit entire fee.

**CONFIRMATION:** Will be mailed with class selections and directions upon receipt of registration

**QUESTIONS OR CONCERNS:** Please call 800-858-1549, ask for Naomi Wilson or e-mail Beth Minch at [beth.minch@ky.gov](mailto:beth.minch@ky.gov)

## CLASS DESCRIPTIONS

**BASICS OF ARCHERY** – take part and learn a new outdoor skill or enhance your knowledge with step by step instructions for correctly and safely shooting a bow. You'll be hitting the target in no time.

**BASICS OF BIRD IDENTIFICATION** – identifying birds and attracting them to your backyard will be the focus in this class. Ample time spent outdoors, dress accordingly and if you'd like bring your binoculars, camera and field guides.

**BASICS OF EDIBLE PLANTS (HIKING TRIP)** – identify commonly overlooked plants that grow in the wild, many in your yard! Delicious, nutritious and best of all free! Learn when, where and how to harvest and use edible wild plants for survival or consumption. Ample time spent outdoors, dress accordingly and if you'd like bring your journals, camera and field guides.

**BASICS OF FISHING** - learn the ins and outs of the tackle box, the use of live bait, lures, spinning and casting rods. We will discuss habitat and where to find different kinds of fish and you'll utilize your new found skills by hitting the water. **MUST HAVE A VALID KY FISHING LICENSE**

**BASICS OF FLY TYING** – class will focus on the how to's of using equipment and techniques needed to turn your own hand tied flies and applied to a more sophisticated jewelry tie to take home.

~~**BASICS OF HUNTING IN KY** – an introductory discussion that covers numerous big and small game species, how to get started, equipment, an overview of laws and seasons and how hunting is crucial to wildlife conservation efforts in Kentucky.~~

**BASICS OF PISTOL SELECTION AND SAFETY** – time spent on personal use of deciding what type pistol best serves your needs, their uses, how to load and unload, clear malfunctions, marksmanship, cleaning and most importantly, SAFETY.

**MAY BRING YOUR OWN PISTOL, PLEASE NO AMMUNITION**

**BASICS OF RIFLE USE, SELECTION AND SAFETY** – learn the basic skills for safely and accurately using a .22 rifle for sport and/or hunting purposes. We'll discuss safety, types, selection, calibers and shooting principles and hit the range.

**BASICS OF SHOTGUN USE, SELECTION AND SAFETY** – time will be spent on how to safely handle and shoot different types of shotguns for sport and/or hunting. By the end of class you will be knocking moving targets from the sky.

**BASICS OF TREE IDENTIFICATION** – basic identifying steps of any kind of tree, even if they don't have leaves! From trunk bark to stem arrangement, leaf patterns and fruiting types learn the tips to finding shortcuts to distinguish trees. Ample time spent outdoors, dress accordingly and if you'd like bring your journals, camera and field guides.

~~**BASICS OF WILD GAME COOKING** – taking game or catching fish is one great part of the experience but how do you prepare it for the table later? Watch demonstrations on the simple equipment needed and pick up tricks of the trade for preparing your game that will help assure the best overall taste of the harvest.~~

**BASICS OF WILDLIFE IDENTIFICATION & GAME TRACKING** – spend time identifying wildlife by exploring their natural habitats, identifying the sounds they make and the signs they leave behind specifically when tracking wildlife. Ample time spent outdoors, dress accordingly and if you'd like bring your camera and field guides.

**ALL FIREARM CLASSES REQUIRE EYE/EAR PROTECTION AND WILL BE PROVIDED**

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**BETH MINCH, P.O. BOX 35, STAMPING GROUND, KY 40379**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_

SHIRT SIZE Small Medium Large X-Large XX-Large ARRIVING FRIDAY, \$25 FEE ENCLOSED \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

I may be exposed to some environmental/physical risk due to the nature of the workshop. I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs and video may be taken during sessions to be used in future support of the program. I understand that organizing the BOW workshop takes place months in advance and every effort is made to offer all scheduled classes. However, in the event of an unforeseen and unavoidable event of a class/event cancellation or instructor change, BOW will provide excellent alternatives should these situations arise.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**CLASSES ARE LIMITED / PLEASE MARK YOUR 1<sup>ST</sup> & 2<sup>ND</sup> CHOICE FOR EACH SESSION**

**ONCE CAPACITY IS MET PARTICIPANTS WILL BE SCHEDULED TO THEIR ALTERNATE CLASS  
CLASSES WITH LOW PARTICIPATION ARE SUBJECT TO CANCELLATION**

**SESSION I, 9:45-11:45AM / MARK 1<sup>ST</sup> & 2<sup>ND</sup> CHOICE**

\_\_\_ Basics Of Archery

~~\_\_\_ Basics Of Bird Identification~~

\_\_\_ Basics Of Edible Plants

\_\_\_ Basics Of Fishing

~~\_\_\_ Basics Of Fly Tying~~

~~\_\_\_ Basics Of Hunting In KY~~

\_\_\_ Basics Of Pistol Selection And Safety

~~\_\_\_ Basics Of Rifle Use, Selection And Safety~~

\_\_\_ Basics Of Shotgun Use, Selection And Safety

\_\_\_ Basics Of Tree Identification

~~\_\_\_ Basics Of Wild Game Cooking~~

\_\_\_ Basics Of Wildlife Identification & Game Tracking

**SESSION II, 12:45-2:45PM / MARK 1<sup>ST</sup> & 2<sup>ND</sup> CHOICE**

\_\_\_ Basics Of Archery

\_\_\_ Basics Of Bird Identification

\_\_\_ Basics Of Edible Plants

\_\_\_ Basics Of Fishing

\_\_\_ Basics Of Fly Tying

~~\_\_\_ Basics Of Hunting In KY~~

~~\_\_\_ Basics Of Pistol Selection And Safety~~

\_\_\_ Basics Of Rifle Use, Selection And Safety

\_\_\_ Basics Of Shotgun Use, Selection And Safety

~~\_\_\_ Basics Of Tree Identification~~

~~\_\_\_ Basics Of Wild Game Cooking~~

\_\_\_ Basics Of Wildlife Identification & Game Tracking

Make sure and keep an eye on your upcoming mail March 2014 for the KY BOW survey we'd like you to complete. There will be an option to do this on the hard copy mailed to you or through the Kentucky BOW website electronically. Our hope is the information collected will help improve on the existing program and further its outreach to more women and increase the number of workshops available each year to participants.

Wishing you a prosperous New Year filled with time in the outdoors finding new adventures and sharing inherent ones with friends and family. Now go outside and play!

*Beth Spivey-Minch*

KY Volunteer BOW Coordinator

**FRIDAY, JANUARY 24 THRU SUNDAY, JANUARY 26, 2014**

Winter Adventure Weekend (**KY STATE PARKS** sponsored event)

Carter Caves State Resort Park, Olive Hill, KY

Check out the below website for details, information and registration forms

<http://www.winteradventureweekend.com/>

**SATURDAY, MARCH 15 THRU SATURDAY, MARCH 22, 2014**

International Beyond **BOW** / Baja BOW (**International BOW** sponsored event)

La Paz, Baja California Sur, Mexico

For information or questions please contact Tara Short 1-888-622-4911

<http://www.greenedventures.com/bajawomen>

**SATURDAY, APRIL 5, 2014**

Beyond **BOW** One Day Workshop (**KY BOW** sponsored event)

Spring into the Outdoors 9:00am-3:00pm

Camp Webb on Grayson Lake, Grayson KY

Discover outdoor adventures to kick start your spring including hunting, basic archery, firearm use and safety, spring fishing, tree identification, edible plants, wildlife identification, tracking game and more.

**FRIDAY, SEPTEMBER 19 THRU SUNDAY, SEPTEMBER 21, 2014**

Annual **BOW** Fall Weekend Workshop (**KY BOW** sponsored event)

Lake Cumberland Leadership Center, Jabez KY

Registration/information will be sent out mid-late July 2014

**SUNDAY, SEPTEMBER 28 THRU SATURDAY OCTOBER 4, 2014**

All Inclusive Girls Weekend at the Red Horse Mountain Ranch, Harrison, ID

For information or questions please contact Jody Mitchell 1-888-689-9680 press STAR POUND

**KENTUCKY BOW LADIES ARE ALWAYS PLANNING DAY/WEEKEND ADVENTURES  
LIKE US ON FACEBOOK AT KENTUCKY BECOMING AN OUTDOORS-WOMAN  
OR PROVIDE YOUR EMAIL ADDRESS TO BETH AT [beth.minch@ky.gov](mailto:beth.minch@ky.gov)  
TO STAY UP TO DATE ON UPCOMING EVENTS AND ANNOUNCEMENTS**